

(For a Congregant Who Will have a Caring Companion)

## Borderlands UU Lay Pastoral Care Team



### *What to Expect from Your Lay Pastoral Care Team Companion.....*

The Lay Pastoral Care Team (LPCT) Companion is here to listen and be present with you through this difficult time for up to an hour a week. We chose to call our Companions by that name because this is a different relationship from that with a professional. Your Companion will not provide answers, but this person will be there to walk with you and support you and be a caring presence to you.

The LPCT Companion is here for you as a listener – someone with whom you can share your grief or worry, someone who can listen without judgment to whatever you need to say.

In addition to LPCT, Borderlands UU has other ways of providing support. The Caring Clusters provide other kinds of assistance, such as meals or transportation. (Pick up a blue “How to Get Support at BUU” form on the table at the back of the church.)

Outside the hour visits, your relationship can be what is within your comfort zone. Your LPCT Companion will not tell anyone about this relationship.

Your conversations are confidential, with exception to your Companion sharing information with the Minister or an LPCT Leader for guidance in better supporting you. Likewise, if it seems likely that you or others are in danger of harm, that information will be shared with the Minister.

When this difficult time passes, your LPCT Companion relationship will end. You and your Companion will discuss what kind of relationship you would like to have moving forward.

You can let your LPCT Companion know if you no longer want to meet for any reason at any time. This is your decision.

Please feel free to contact one of the leaders of the Team (Jean Sillers or Martha House) or the pastor if you have concerns about your caring relationship.

Our goal is that you will feel a connection with your Companion that will enable you to share openly with them and that ultimately this relationship will be a source of hope and peace in your life.